



Functional Testing Information

These are a selection of the more commonly used tests Tanya recommends. Tanya will only suggest testing if she feels that the findings would be a valuable asset to creating your unique treatment plan.



Sample Type

BD - Full blood draw and centrifuge

BS - Blood spot

U - Urine

S - Saliva

VS - Vaginal swab

OS - Oral swab

FS - Faecal

BT - Breath

Initial Screening Tests

Comprehensive Metabolic Blood Chemistry (BD)

£325

A comprehensive blood chemistry panel is the single most efficient and effective tool for evaluating your health, it screens for a wide range of conditions including several types of anemia(**B12, folate and iron status**), insulin resistance(**fasting insulin & glucose + HbA1c**), and hypoglycemia. Function of **liver kidney and white blood cells for immune evaluation. Inflammation is measured (hsCRP homocysteine**. Nutrients **vitamin D and magnesium** are run and a complete **thyroid assessment: TSH, TT4, Free T3, RT3. Anti- thyroglobulin. Anti-TPO**

Advanced Comprehensive Metabolic Health Assessment (BD)

£395

As per Comprehensive Metabolic Blood Chemistry; screens for a wide range of conditions including several types of anemia(**B12, folate and iron status**), insulin resistance(**fasting insulin & glucose + HbA1c**), and hypoglycemia. Function of **liver kidney and white blood cells for immune evaluation. Inflammation is measured (hsCRP homocysteine plus oxidized LDL Cholesterol)**. Nutrients **vitamin D and magnesium** are run. **Plus An advanced cholesterol NMR Lipoprofile that** measures several components of cholesterol such as LDL (bad cholesterol), HDL (good cholesterol), and Triglycerides as well as **Particle number and size**. Measurements for Particle number and size can provide a more accurate assessment of a person's risk for heart disease than just looking at cholesterol levels. Smaller denser LDL particles have a greater tendency to build up along arterial walls and form harmful plaque. Plaque buildup increases the risk of blood clots and heart attacks.

The NMR Lipoprofile includes measurements for:

- **LDL Particle Number**
- **LDL Cholesterol**
- **HDL Cholesterol**
- **Triglycerides**
- **Total Cholesterol**
- **HDL Particle Number**
- **Small LDL Particle Number**
- **LDL Size**

Finally this comprehensive metabolic blood assessment includes a complete **thyroid assessment: TSH, TT4, Free T3, RT3. Anti- thyroglobulin. Anti-TPO**

Add ons available with Advanced Comprehensive Cardiac & Metabolic Health Assessment :

CH4 Complete Hormones profile (BD) £145

Progesterone, Testosterone, SHBG, DHEA-S, Oestradiol, PSA free

CH5 Advanced Nutrients (BD) £55

COQ10 +Omega 3:6 index

CH7 Advanced cardiovascular markers (BD) £200

Lp-PLA2 Activity, ADMA/SDMA, Lipoprotein(a) & TMAO.

CH8 Advanced Female hormones (BD) £55

LH AND FSH

CH010 Advanced Blood sugar (BD) £55

Fructosamine, Glycomark

Specific Nutritional Testing

Micronutrient Screen (BD)

£240

This profile covers a range of micronutrients to provide a comprehensive assessment of nutritional status:

- Plasma Minerals (calcium, magnesium, zinc, copper, chromium, manganese, and selenium) with red cell magnesium.
- Urine Iodine
- Vitamin profile (A, C, E, Carotenes, B1, B2 and B6)
- Coenzyme Q10

Omega Index and Trans Fats (BS)

£110

The Full Fatty Acid Profile (including Omega-3-Index and Trans Fats) measures:

- Omega-3 Index
- Trans Fat Index
- Omega-6/Omega-3 Ratio
- AA/EPA Ratio
- Full Fatty Acid Profile

The Omega-3 Index is the result of Dr. William Harris's 30 years of research in fatty acids and cardiovascular disease. It is a measure of omega-3 fatty acids, EPA and DHA in red blood cells, which relates to the risk for heart disease.

Vitamin D (BS)

£39

Iron, Ferritin, B12, Folate & Vitamin D (BS)

£89

Microbiome tests

Female EcologIX (VS)

£179

One key microbiota site is the vaginal tract, which hosts over 200 species of microorganisms. The vaginal microbiota is a dynamic and complex ecosystem comprised of fluctuating populations that modulate host immune responses and maintain homeostasis. Disruption of microbiota composition and functions, termed dysbiosis, has been linked to a multitude of disorders including bacterial vaginosis (BV), premature delivery in pregnant women, infertility, miscarriages and increased risk of sexually transmitted infections (STIs). Analysis and monitoring of the vaginal microbiota is therefore extremely important for health and can be used to inform treatment plans and lifestyle factors.

Oral EcologIX (OS)

£129

Due to recent advancements in culture-independent techniques, it is now possible to measure the composition of the human microbiota. The oral cavity is a complex ecosystem, comprising several habitats including the teeth, gums, tongue and tonsils, all colonised by bacteria. The oral microbiota is comprised of approximately 600 taxa at the species level, with different groups and subsets inhabiting different niches. Phylobioscience have developed the Oral EcologIX oral health and microbiome profile, a ground breaking tool for analysis of oral microbiota composition and host immune responses, reporting on 3 different states:

- Healthy oral microbiome (homeostasis of host and microbiome)
- Oral dysbiosis detected (imbalance of the oral microbiota and/or host immune response).

Gut function tests

GI-EcologiX(FS)

£339

The **GI-EcologiX** includes a comprehensive pathogens assay that include bacteria, parasites and H.Pylori antigen. The test shows a balance of beneficial bacteria and shortchain fatty acid producers,, markers of inflammation, digestions and absorption function. This is the true diagnostic solution for evaluating gut health.

SIBO Breath Test (Lactulose or Glucose) (BT)

£165

Hydrogen Sulphide test (U)

£105

Advanced Intestinal Barrier Assessment (BD)

£310

Measures Zonulin a protein that regulates tight gap junctions in the gastrointestinal tract and modulates intestinal permeability. Diamine Oxidase (DAO) is an enzyme that breaks down histamine. LPS is a bacterial endotoxin that increases with transcellular permeability of the gastrointestinal lining (leaky gut).

Advanced GI Testing

Gastropanel (BD)

£220

GastroPanel® consists of four ELISA assays. The assays measure concentrations of pepsinogen I (PGI), pepsinogen II (PGII), gastrin-17 (G17) and helicobacter IgG antibodies (Hp IgG) in a fasting blood sample.

With the GastroPanel®-test you can:

- Detect reliably gastritis and H. pylori infection.
- Detect the often asymptomatic condition atrophic gastritis, regardless of the presence of H. pylori infection.
- Find patients who need gastroscopy.
- Find patients with a healthy gastric mucosa.

Functional Endocrinology

Advanced Adrenal Saliva Test (SL)

£95

Adrenal testing is done by collecting saliva throughout the day, and can be very helpful in identifying the stage of adrenal dysfunction. These tests can also show a deficiency in Secretory IgA.

DUTCH Complete (SL)

£287

(Dried Urine Test for Comprehensive Hormones)

The DUTCH test is a urine steroid hormone profile that measures hormones and hormone metabolites (called conjugates) in a dried urine sample, and is performed from the comfort of your home. It is the most cutting-edge way to truly see what's going on when it comes to your hormones, because it doesn't just measure hormones, but also something called "metabolites", which are a measurement of hormone production and hormone breakdown.

DUTCH plus the cortisol awakening response (CAR) (SL)

£382

Enviromental & Organic Acids

GPL-TOX(Toxic non metals) (U)

£270

Every day, we are exposed to hundreds of toxic chemicals through products like pharmaceuticals, pesticides, packaged foods, BPA, household products, and environmental pollution. As we have become more exposed to chemical-laden products and to toxic chemicals in food, air, and water, we have been confronted with an accelerating rate of chronic illnesses like cancer, heart disease, chronic fatigue syndrome, chemical sensitivity, autism spectrum disorders, ADD/AD(H)D, autoimmune disorders, Parkinson's disease, and Alzheimer's disease.

This non-metal chemical profile that screens for the presence of 172 different toxic chemicals including organophosphate pesticides, phthalates, benzene, xylene, vinyl chloride, pyrethroid insecticides, acrylamide, perchlorate, diphenyl phosphate, ethylene oxide, acrylonitrile, and more.

MycotoX (U)

£350

Mycotoxins are some of the most prevalent toxins in the environment. Mycotoxins are metabolites produced by fungi like mould, which can infest buildings, vehicles, and foodstuffs. A majority of mycotoxin exposures are through food ingestion or airborne exposure. In the European Union, 20% of all grains harvested have been found to be contaminated with mycotoxins. Unfortunately, mycotoxins are resistant to heat and many processing procedures.

These fungi then release mycotoxins into the environment causing symptoms of many different chronic diseases. Diseases and symptoms linked to mycotoxin exposure include fever, pneumonia-like symptoms, heart disease, rheumatic disease, asthma, sinusitis, cancer, memory loss, vision loss, chronic fatigue, skin rashes, depression, ADHD, anxiety, and liver damage.

Blood Heavy Metals Panel (BD)

£250

Organic Acid Test (OAT) (U)

£250

It provides an accurate evaluation of intestinal yeast and bacteria. Abnormally high levels of these microorganisms can cause or worsen behavior disorders, hyperactivity, movement disorders, fatigue and immune function. Many people with chronic illnesses and neurological disorders often excrete several abnormal organic acids in their urine. The Organic Acids Test also includes markers for vitamin and mineral levels, oxidative stress, neurotransmitter levels, and is the only OAT to include markers for oxalates,

Food Intolerances & Sensitivity

Food Immune Profile (BD)

£499

This comprehensive food sensitivity and allergy panel includes IgG, Complement, IgE, IgG4 and Blocking Potential

Or CYREX array 10

CYREX array 10 -90 (see end)

Cyrex Panels (BD)

Cyrex is an advanced clinical laboratory specialising in assessing environmentally - induced autoimmunity. Cyrex offers environmental trigger(food and chemicals), barrier permeability and multiple organ self- tissue antibody testing.

Priced in USD and have to be ordered through a clinician or Tanya's clinic

See www.cyrexlabs.com/CyrexTestsArrays for more information:

Array 2: Intestinal Antigenic Permeability Screen \$233

Array 3: Wheat/Gluten Reactivity and Autoimmunity £319

Array 4: Gluten Associated Cross Reactive Foods and Sensitivity \$269

Array 5: Multiple Autoimmune Reactivity Screen \$647

Array 6: Diabetes Autoimmune Reactivity Screen \$210
Array 7: Neurological Autoimmune Reactivity Screen \$327
Array 7x: Neurological Autoimmune Reactivity Screen Expanded \$506
Array 8: Joint Autoimmune Reactivity Screen \$232
Array 10: Multiple Food Immune Reactivity Screen \$505
Array 10-90 Food Immune Reactivity Screen \$340
Array 11: Chemical Immune Reactivity Screen \$349
Array 12: Pathogen Immune Associated Reactivity Screen \$425
Array 20: Blood Brain Barrier Permeability Screen \$259
Array 22: Autoimmune SIBO \$296
Bundles
Array 2,3x &4 \$710
Array 10 when ordered with other tests \$430
Array 10-90 when ordered with other tests \$306
*Array 20 - when ordering any Cyrex test \$209



GENETICS

Lifecode DNA tests: (OS)

DNA collection takes just 1 minute using a simple cheek swab, enabling analysis of over 150 of the best researched genetic markers that can be impacted by diet and lifestyle.

A DNA Test Kit is required with all profile report

£99.

This is to collect a sample of cheek cells from which DNA is extracted and analysed. The DNA Test kit includes:

- An instruction leaflet
- A cheek swab and mini-test tube
- A stabilising tablet
- A consent form
- Return packaging and postage (UK only)

The add on reports are:

Methylation Report

£150

Some individuals with chronic conditions may have a gene variation that prevents them from properly activating folic acid. This gene variation is present in up to 55% of the European population.

Detoxification Report

£150

The Detoxification Report focuses on the key genes and variants involved in regulating Phase I, II and III liver detoxification pathways, including those involved in the metabolism of caffeine, alcohol, hormones, neurotransmitters, pesticides and various common pharmaceutical drugs.

Histamine Report

£150

Histamine intolerance is a toxic response by the body resulting from an imbalance between accumulated histamine and the capacity to break it down.

Histamine toxicity is associated with numerous symptoms that mimic an allergic reaction, such as skin irritation, gastrointestinal upset, respiratory distress, headaches, insomnia and anxiety.

Nervous system report

£150

The nervous system DNA test examines the key genes and variants (SNPs) that affect neurotransmitter balance, nerve cell growth & maintenance, thyroid hormone conversion, inflammation and pharmacological response. Common genetic variants combined with environmental factors including nutrient imbalances, low physical activity, toxins and other stressors can result in anxiety, depression, mood imbalances, lack of motivation, drive or focus, addiction, poor memory or sleep disturbances.

Oestrogen report

£150

Imbalanced hormones can have a number of negative effects on health and well-being and are highly influenced by environmental, dietary and genetic factors.

The main role of oestrogen in the body is to increase the growth and production of cells, but it is also involved in the regulation of the female reproductive system, the development of secondary sex characteristics, maintenance of bone density, blood clotting, skin health and mucous membranes.

Thyroid report

£150

Thyroid activity is altered by genetics and environmental factors: nutrients (tyrosine, selenium and iodine), toxins (fluoride, chlorine or moulds), psychosocial or physical stressors, bacteria and viruses. Imbalance can result in HPT axis (Hypothalamus-Pituitary-Thyroid) dysfunction, autoimmune thyroid diseases (AITDs) such as Graves' and Hashimoto's, thyroid sensitive cancers (although rare), and impact transport, activation and response to thyroid hormones.

Immunology & Inflammation :

Cytokine Profile

£240

With an assessment of 16 cytokines, this panel provides a powerful insight into the systemic immune regulatory function.

- Pro-inflammatory / anti-inflammatory cytokine balance
- Th1, Th2, Th3, Th17 and T-regulatory cytokine responses
- Efficacy of immune balancing and modulating approaches

Element Profile (U)

£206

Comprised of:

Elements – Dried Urine Profile:

Tests included: Iodine, Bromine, Selenium, Arsenic, Mercury, Cadmium, and Creatinine

Assesses whether an individual has adequate, deficient, or excessive levels of the essential nutrients iodine and selenium, or if they have been exposed to excessive levels of the toxic elements bromine, arsenic, mercury, and cadmium.

Mercury Tri-Test (BD)

£353

The Quicksilver Mercury Tri-Test is the *only* clinical test that utilises mercury speciation analysis, a patented advanced technology that separates methylmercury (MeHg) from inorganic Mercury (HgII) and measures each directly.

Quicksilver Scientific's instruments are sensitive enough to measure ambient Mercury levels in the body without the need for challenge testing.

Chronic Viral Panel (BD)

£275

Viruses are some of the major contributing factors in autoimmunity. Viruses can also affect the ability of T-cells to detect antigens by cross-reaction (molecular mimicry). If viral infections remain untreated, they may result in over-activation of the immune system, which may subsequently progress to autoimmune diseases.

Biomarkers:

- EBV Viral Capsid (VCA) IgG
- EBV Viral Capsid (VCA) IgM
- Cytomegalovirus (CMV) IgG
- Cytomegalovirus (CMV) IgM
- Herpes simplex Virus (HSV) 1+2 IgG
- Herpes simplex Virus (HSV) 1+2 IgM

Lyme Panel (BD) £640.

Measured Biomarkers:

- Borrelia burgdorferi (IgG, IgM)
- OspA + OspC Peptides (IgG, IgM)
- OspE Peptide (IgG, IgM)
- Leukocyte Function Associated Antigen (IgG, IgM)
- Immunodominant Protein (IgG, IgM)
- Variable Major Protein (IgG, IgM)
- B. b. sensu stricto (IgG, IgM)
- B. garinii (IgG, IgM)
- B. afzelii (IgG, IgM)
- Babesia (IgG, IgM)
- Ehrlichia (IgG, IgM)
- Bartonella (IgG, IgM)
- Western Blot Assay B. burgdorferi (IgG, IgM)

Mycotoxins Comprehensive (BD) £555

RealTime Lab's mycotoxin test panel is the most comprehensive available, testing for the presence of 15 of the most common and toxic mycotoxins produced by indoor mold contaminants. Mycotoxins are small, toxic molecules produced by a number of toxigenic mold strains.

Chronic Inflammatory Response Syndrome Profile (BD) £505

Chronic Inflammatory Response Syndrome (CIRS) describes a constellation of symptoms, associated laboratory findings and test results associated with biotoxin exposure in genetically susceptible individuals.

The diagnosis of CIRS relies on four major criteria:

1. Clinical picture consistent with biotoxin exposure
2. Symptoms of biotoxin-related illness
3. Abnormal Visual Contrast Sensitivity (VCS)
4. Abnormal laboratory results and clinical tests consistent with CIRS

The following biomarkers are measured in this CIRS panel:

MSH, VIP, VEGF, C4A, TGF B, MMP

Cyrex Panels (as previous)

Advanced Cardiovascular

Advanced NMR Lipids LipoProfile

(BD)

£145

The NMR LipoProfile® test may be ordered for individuals with obesity, metabolic syndrome or diabetes, or for those who have had a myocardial infarction. It may also be ordered for individuals who have a family history of cardiovascular disease and for those with low HDL and high triglyceride levels

Comprehensive Cardiac & Metabolic Health Assessment (BD)

£415

Myeloperoxidase
Lp-PLA2 Activity
ADMA/SDMA
NMR LipoProfile with Lipids (as above)
HbA1c
hsCRP
Microalbumin/Creatinine
Lipoprotein(a)
OxLDL
F2-Isoprostanes/Creatinine
Comprehensive metabolic panel
TMAO
TSH
CoQ10
OmegaCheck
Vitamin D

Add ons to this profile available

002 Essential Nutrients £95

(Vit D, Mg, B12, Iron metabolism, Folate)

003 Comprehensive Thyroid Profile £95

(TSH, TT3, FT3, Anti-thyroglobulin, Anti-TPO, FT4, T3 Uptake)

004 Complete Hormones £145

(Progesterone, Testosterone, SHBG, DHEA-S, Oestradiol, PSA free)

008 Advanced Female Hormones £55

(LH, FSH)

Many other testing panels are available